

# Greater Bridgeport Senior Community Café

\* High Sugar Content  
 \*\*High in Sodium Content  
 +Higher Fat Content  
 LS-Low Sodium



## March Menu 2016

1% or Skim milk provided  
 Margarine available

### MENU ITEMS SUBJECT TO CHANGE

### \$2.00 SUGGESTED DONATION

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 RibBQ** LS BBQ Sauce* Macaroni Salad Scandinavian Veggies  W.W. Hamburger Roll  Peaches	2 Meatloaf Garlic Mashed Potatoes Corn with Diced Tomatoes  Pumpernickel Bread  Banana	3 Grape Juice Roast Turkey LS Turkey Gravy Stuffing Green and Gold Beans Romaine Salad French Dressing 100% W. Wheat Bread  Sherbet	
7 Pulled Pork Mashed Potatoes Coleslaw  W.W. Hamburger Roll  Applesauce	8 Pineapple Juice Sweet and Sour Grilled Chicken Breast Au Jus Brown Rice Ginger Baby Carrots  12 Grain Bread  Birthday Cake*	9 Ravioli with Meat Sauce Broccoli Romaine Salad Thousand Island+  Garlic Bread  Fresh Pear	10 Grape Juice Beef Stew Rice Green Beans  W.W. Dinner Roll  Brownie*	
14 Sloppy Joe Sweet Potato California Veggies  7 Grain Bread  Pineapple Chunks	15 Grape Juice Stuffed Shells Meat Sauce Romaine Salad Ranch Dressing+  Garlic Bread  Fresh Apple	16 Apple Juice Garlic Baked Chicken with Spinach and Parmesan Cheese** Cheesy Mushroom Rice Geneva Blend Veggies  100% W.W. Bread  Pudding Cup	<b>St. Patrick's Day Party!</b> <b>Please sign up at</b> <b>the front desk!</b>  	
21 Orange Juice Hamburger Steak Fries Corn with Peppers Lettuce Tomato Slices Hamburger Bun  Oatmeal Cookies*	22 Balsamic Roasted Chicken Breast Egg Noodles Zucchini  12 Grain Bread  Cinnamon Applesauce	23 <b>Easter Special</b> Apple Juice LS Sliced Ham with Orange Cranberry Sauce Loaded Potatoes Pea and Pearl Onions   Rudi Roll Coconut Easter Cake*	24 Escarole Soup Unsalted Crackers Lasagna Rolette Meat Sauce Garden Salad Italian Dressing Garlic Bread  Fresh Apple	25 <b>Closed</b> <b>Good Friday</b>
28 Chicken Pot Pie with Carrots, Celery and Peas Diced Potatoes Chopped Spinach  Biscuit  Tropical Fruit Cup	29 Wonton Soup Unsalted Crackers Pork Egg Rolls Fried Rice Oriental Blend Veggies  Fortune Cookies*  Pineapple Chunks	30 Grilled Chicken Breast with Honey Mustard Sauce* Baked Potato Capri Blend Vegetables  Rye Bread  Pears	31 Roast Beef LS Beef Gravy Sesame Noodles Broccoli  Oatmeal Bread  Fresh Orange	